SUPERSTITIONLIVING

OCTOBER 2020

POSTAL CUSTOMER

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150 GOLD CANYON HOMES SOLD THIS YEAR THRU AUGUST! #1 IN SALES!

BEAUTIFUL HOME LARGE LOT! NO HOA!
1429 SF, 3 bdrms, 2 bths, 1 car carport! Manufactured home, 11,112 sf corner lot!, fenced back yard close to freeways and shopping, New plumbing and more! Seller will participate in seller concessions!
$179,500 Call Zach or Shelly!

FURNISHED BEAUTY IN PERALTA TRAILS!
1488 sf, 3 bdrms, 2 bths, 2 car garage! Move in ready Granite counters , custom cabinets, no carpeting! Tile and laminate everywhere! extended flagstone patio. New AC 2019, newer water heater too! access to community pool, exercise & more!
$289,000 call Ronelle

LAS SENDAS BEAUTY!! INSPIRING SUNSETS!
BLANDFORD HOMES! 1571 sf, 3 bdrms, 2 bths 2 car gar. Oversized corner lot, covered patio with sun shades , gorgeous tile , new AC in 2016 Lots of upgrades that year! TOO MUCH TO LIST IT ALL!
$369,000 Call Dawn

PERALTA TRAILS! JUST GORGEOUS!
BIG 2611 sf, 4 bdrms, 3 baths, huge 3 car garage! One of the largest lots in Peralta! Backyard is a paradise with VIEWS, POOL, outdoor BBQ, large side yard has wide RV GATE and the 3 car garage is extended in length! Dont let this one get away!
$465,900 Call Sam

GORGEOUS IN SUNRISE AT GOLD CANYON RANCH!
2022 SF, 4 berms, 2 bths , office and bonus area. POOL & SPA, Fabulous Superstition Views, Tile and Wood floors throughout! updated kitchen and much much more! Don't let it get away!
$369,000 Call Dawn

MOUNTAINBROOK VILLAGE ON THE GOLF COURSE!
2930 sf, 3 bdrms, 2.5 baths, den/office, 3 car garage! Loaded with upgrades! High end saltwater Pool and hot tub! Fire pit, Fireplace, built-in BBQ! Open floor plan, air conditioned garage! GORGEOUS!!
$379,000 Call Linda

ENTRADA DEL ORO!
RESORT STYLE BACKYARD, NEW POOL!
5 bdrms, 3 bths 2.5 car garage! WOW! Putting greens, gorgeous landscaping, surround sound and MUCH MORE!
$382,700 Call Sam

MOUNTAINBROOK VILLAGE BEAUTY!
Home you have been waiting for! 1890 sf, 3 bdrms, 2 bths, 2 car garage! Vaulted ceilings, open floor plan VIEWS! New appliances, slab granite counters split bedrooms, extended patio with pavers! outdoor KIVA FIREPLACE!
$395,000 Call Lisa

MOUNTAINBROOK VILLAGE! BIG 3 CAR GARAGE
SPECTACULAR SUPERSTITION MOUNTAIN VIEWS!
1875 sf, 2 bedrooms, 2 baths impeccably maintained home! Fabulous floor plan you will love, big eat-in kitchen with bar all open to the big great room! Turn Key FURNISHED! Fabulous buy!
$399,000 Call Lisa

MESA DEL ORO ESTATES!
BREATHTAKING VIEWS!
1 ACRE (appx) lot, 1655 sf, 3 bdrms, 2 baths! New Roof 2015 & new AC in 2018! great eat in kitchen! Granite counters Stainless appliances, fireplace, 2 sided fireplace, jetted tub window seats N/S Exposure and MUCH MORE!
$410,000 Call Marsha

WOW!! NO HOA, 1.25 ACRES IN APACHE JUNCTION
RARE OPPORTUNITY! 1299 sf, 2 bdrms, 2 baths, open den! NEW in 2015! Mountain Views! Fenced lot, full RV HOOK UP, 2 12X12 SHEDS, HUGE covered back patio! GRAB THIS ONE!
$305,000 Call Lisa

ENCANTERRA GOLF & COUNTRY CLUB!
WOW! VIEWS! 2299 sf, 2 bdrms, office, 2.5 baths. 2 car gar! Upgrades galore! TOP OF THE LINE CABINETRY, granite counters, 2 big master suites, double rolling walls of glass bring the outside inside! Gas fireplace. built in BBQ, big open patio with fountain! GORGEOUS!
$532,000 Call Marlene

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WE CONTINUE TO MAINTAIN MARKET SHARE IN GOLD CANYON!
BUYERS NOW IS THE TIME TO BUY! SELLERS, NOW IS THE TIME TO SELL!

GORGEOUS CUSTOM SINGLE LEVEL HOME ON A NEAR ACRE IN MESA!

4924 SF, 5 BDRMS, 5.5 BTHS, 3 car gar! POOL SPA AND MUCH MORE! NO HOA! GATED COMMUNITY! Polished Travertine floors, wall of windows shows off the gorgeous resort back yard! VIEWS OF SCARFACE MOUNTAIN! Outdoor kitchen, Jacuzzi and putting green! JUST TOO MUCH TO LIST IT ALL!

$1,100,000 call Zach and Shelly!

SUPERSTITION FOOTHILLS GORGEOUS HOME!

2848 SF, 3 bdrms, 2.5 baths, office + bonus room! SPARKLING POOL resurfaced along with cool decking in 2018! Custom Shutters, new interior paint, tons of upgrades including floors. FULLY FURNISHED! Don't miss it!

Call Becky today! $535,000

SUPERSTITION FOOTHILLS BEAUTY!

WOW! GORGEOUS HOME LUXURY LIVING! 3157 SF, 4 bdrms, 3.5 baths, office & theatre or game room! gated ctyd, big 3 car garage, fabulous views Great room with fireplace & stone wall! Backyard is a gorgeous resort with artificial grass, spa dog-run and much more!

Call Becky or Jodie for all the details! $498,000

SUPERSTITION FOOTHILLS! GORGEOUS HOME AND POOL!

2626 SF, 4 bdrms, 3 baths , office, and bonus room! Gas fireplace, Corian counters, pebble tec pool and water slide! , built in SPA and built in outdoor kitchen! Soaring ceilings open staircase large open kitchen with center island. one bedroom on 1st floor! 3 car garage RV Gate and pavers! SPECTACULAR PROPERTY! Community Pool & spa too!

$450,000 call Lisa

JOHNSON RANCH BEAUTY!

2135 sf, 3 bdrms, 2 bths den/office and large 3 car garage! new quartz counters, newer SS appliances! Double ovens, Bosch dishwasher , newer AC, New Anders windows loaded! Community has pool spa, golf course and much much more!

Call Carol! NEW TO MARKET! $325,000

SOME LOTS AND LAND FROM .27 AC TO 3.49 ACRES
CALL TO SEE OR GET MORE INFO! & WE HAVE MORE!

VISTA DEL CORAZON

4630 AVENIDA CORAZON DE ORO .42 AC .....$89,000 - **SOLD**
4539 AVENIDA CORAZON DE ORO .69 AC....$125,000
4335 S EL CAMINO DEL BIEN 1.16 AC.....$149,900
4760 AVENIDA CORAZON DE ORO .65 AC...$159,000

MESA DEL ORO

6968 TUM TUM CT. APPX 1 AC.....$99,000 - **SOLD**
6399 E LAZY LANE 1.15 AC.....$189,000 - **SOLD**

GOLD CANYON

0 S MORNINGSIDE LANE 1.35 AC.....$99,000 - **SOLD**
EAGLE PASS 7000 SF.....$48,000 - **SOLD**
0 E VISTA DEL SOL 1.25 AC!.....$65,000 - **SOLD**
1.25 ACRES ON PRICKLY POINT.....$85,000 - **SOLD**
2.45 AC 0E OPEN SKY.....$179,000
YAQUI LANE .51 AC.....$189,000

GOLD CANYON EAST

9722 TREASURE PLACE .70 AC.....$129,000 - **SOLD**
9771 DEADSURE PLACE .70 AC.....$129,000

GOLDEN SPRINGS

5820 S ESTRELLA RD #76.....$28,000 - **SOLD**
.16 AC 10444 LA PALMA.....$30,000 - **SOLD**

KINGS RANCH ESTATES

10631 E MAVERICK TRAIL 1.5 AC....$123,000 - **SOLD**
10571 MAVERICK TRAIL 1.92 AC.....$149,900 - **SOLD**

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OCTOBER 2020 ❱ VOL 4 - Nº 10

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Contact editor@mansurdesign.com for any questions.

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words. Use the form at: Superstitionliving.com
Calendar events (apx. 100 words) are submitted at: Superstitionliving.com

We are primarily interested in stories directly related to our circulation area. We will run these stories and photos based on space available each month. No guarantee of publication is made.

This is not a platform for complaints or political agenda.

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No liability is accepted for errors or omissions in editorial or advertising copy. We make every effort to insure the accuracy of the publication but are not immune from mistakes.

We reserve the right to refuse any editorial or advertising copy that is not compatible with our publication standards.

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DEADLINES

All editorial, photo and advertising are due by the 10th of each month prior to the month of publication.

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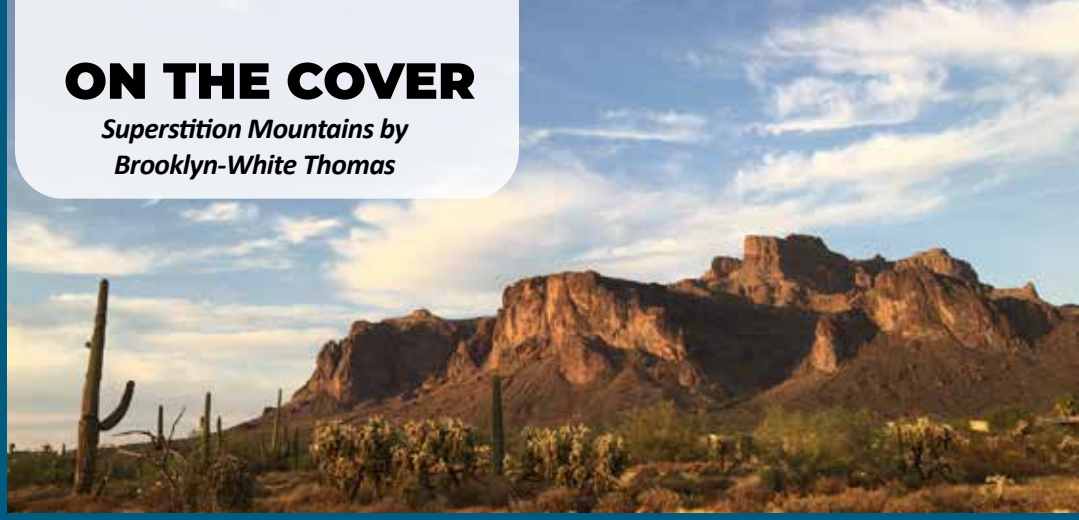
ON THE COVER

Superstition Mountains by Brooklyn-White Thomas



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Community directional sign in Gold Canyon by Chris Bridgewater

LOCAL EVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior

editor@mansurdesign.com

October 5th - 30th, - Hatfield Medical Group Apache Junction Will be holding various events throughout the month, Please see pg 10 for more information. Limited Seating, Please call 480-536-6840 for reservations.

Saturday October 10th, - Bike Brigade from 11 am to 2 pm There are Various starting points throughout the Gold Canyon community, Locations are listed on the website. With the help of volunteers leading the way, we will bicycle Through Gold Canyon to the Gold Canyon Executive Suites, at 6589 S Kings Ranch Rd. Where we'll enjoy local entertainment, food and beverages. Please visit website to register for this fun event www.goldcanyonstrong.wixsite.com

October 10 – 25, FALL PLANT SALE at The Boyce Thompson Arboretum!

BTA Members get first pick on October 9th. Thousands of plants to choose from with experts at the ready to assist with plant selection, and more!

Saturday October 24th, 2020 - GCUMC | The Gold Canyon Garden Plant Sale will be held in parking lot of the Gold Canyon United Methodist Church on October 24th. Saturday from 7:30 AM -12:00 Noon. Plants that are native to the Soutwest or adapted to the Southwest will be available for purchase.

UPCOMING EVENTS

11/27/20 – 4th annual Green Friday Lower Salt River Cleanup hosted by Natural Restorations. More Infomation can be found at Naturalrestprations.com

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at http://www.btarboretum.org/events or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

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A.D.O.B.E. NEWS

GLENNWALP

A.D.O.B.E PRESIDENT

GREETINGS TO ALL ADOBE MEMBERS AND FRIENDS

For more than a few years I have been communicating with an investor of property that is land-locked in the northern section of Gold Canyon. My goal: establish an escape route out of Gold Canyon for the residents and guests of Gold Canyon who may be trapped by a wild fire, chemical spill, or whatever. The investor and his partner investors have been negotiating in court to have Southern Avenue declared a public thoroughfare, thereby opening their land-locked property. At this point it is unknown what the investors will do with that land. A Pinal County Superior Court judge recently ruled that Southern Avenue is a public road. If this decision holds, it would mean that Southern Avenue - where it ends in Apache Junction - can be punched through the contested land and subsequently connect with Southern Avenue in Gold Canyon in the Kings Ranch area. This means – if the decision holds – it would open a thoroughfare of escape for all Gold Canyon residents.

Many years ago Pinal County Officials stated they would improve the roadways in the Kings Ranch area. For whatever reason, this plan never materialized. With the opening of Southern Avenue - I propose - it would be an ideal time for Pinal County to effectuate the promised and much-needed roadway improvement plan in the Kings Ranch area. The ADOBE Roads Committee has been working on this Kings Ranch roadway improvement plan over the last few years.

Of course this will take time, but at least the idea of extending Southern Avenue into Gold Canyon is on the drawing board.

As stated in the September, 2020 issue of "Superstition Living" there will be no ADOBE Membership Meetings for the remainder of 2020. If "things" keep going in the right direction we are aiming for a January, 2021 meeting. Stand by!

The ADOBE Board of Directors met in September to discuss plans for 2021. The ADOBE Roads Committee will be meeting soon to discuss action on the Gold Canyon Bypass, Sleepy Hollow Road, and of course the northern escape route issues. I will keep you updated on all these factors.

Fall is in the air, so get out – the best you can – and enjoy the beauty that surrounds us. Some flowers for those pots, new shrubbery perchance and of course some fertilizer to help those plants endure the winter months to come.

Blessings to all.

Glenn A. Walp
ADOBE – "The Voice of Gold Canyon since 1988"

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480-982-2316

Genevieve Bricker
President Emeritus
480-983-1415

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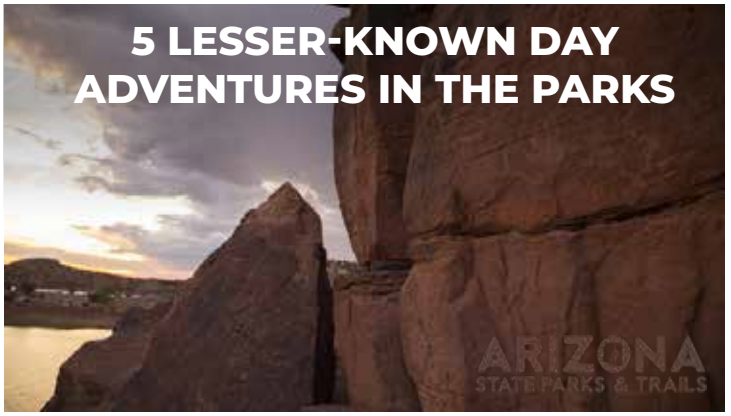

PHOENIX – Arizona's sprawling deserts, watering holes, and trails are full of hidden gems and little-known finds perfect for exploring over a long weekend! Cultural souvenirs from centuries past, exciting adventures on trails less traveled, and campgrounds off the beaten path are just a few marvels waiting for you in Arizona's state parks!

1. Petroglyphs at Lyman Lake State Park: The Petroglyph ("rock art") Trail winds around the massive lake and up into the rocky foothills of the White Mountains. Crevices and archaeological wonders stand in these foothills, and the rock faces show messages from past inhabitants of the area!

2. Camping at Homolovi State Park: This corner of Winslow, Arizona transports you farther back than The Eagles did—archaeological sites dating back to hundreds of years share the desert with campgrounds on the edge of the Little Colorado River! Homolovi State Park is a little-known getaway in northeast Ariz. sure to surprise you.

3. Fishing at Roper Lake State Park: Roper Lake, and its adjacent counterpart Dankworth Pond, are largemouth bass hotspots this summer! Whether you and the family are angling pros or you're taking the kids out for their first hook, this lake is a gem sure to provide some instant gratification!

4. Wildlife Watching at Oracle State Park: Oracle State Park's 4,000 acres are a refuge for wildlife like javelina, skunks, deer, and an array of diverse bird species. Hike the Birding Trails and keep your eyes peeled, and don't forget to stop at the wildlife viewing area behind the watering hole!

5. Boat-In Campsites on the Colorado River: Cattail Cove State Park is a slice of paradise downriver from Lake Havasu State Park, and a quieter spot to avoid the crowds. Grab a spot on the shore and launch your boat from your campsite! When you get back, relax with a cold drink on the white sand beach.

No matter what adventure you choose, set out with a plan and plenty of water! Whether at higher altitudes or in the desert, the heat of the sun sticks around, so stay hydrated and be prepared! Remember, masks are required inside all state park buildings!

Managing and conserving Arizona's natural, cultural and recreational resources for the benefit of the people, both in our parks and through our partners. For information about the more than 30 Arizona State Parks and Natural Areas, trails, Off-Highway Vehicle Program, and State Historic Preservation Office, call 1-877-MY-PARKS or visit AZStateParks.com.

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Friends ...

By Marcia Nelson

I have a friend…
but what does that mean?
Is it someone I know
or is it someone I've seen?

The term "friendship" implies more.
It's a give and take deal.
It means showing someone
that you care how they feel.

Yes, it is like a "ship",
as it holds you above
the waves of life's trials.
It's a presence of love.

Next door or miles apart,
it's a voice on the phone.
Sharing laughter or tears
that says you're not alone.

So keep in touch with your friends
and give a pat on the back
when you think there's a need.
It's as simple as that!

ROTARY CLUB OF SUPERSTITION MOUNTAIN

APACHE JUNCTION / GOLD CANYON

Dr. H. Robert Homann – Paul Harris Fellow

Today, The Rotary Club of Superstition Mountain- Apache Junction / Gold Canyon is proud to present posthumously a Paul Harris Fellow – to Dorothy Homann for the years of dedication and Rotary Service of Dr. H. Robert "Bob" Homann.

We welcome Dorothy to our meeting today.

Bob touched lives for many years as a Professor of chemistry and Chair of the Chemistry Dept and the CREDO Program, a program designed for the "high ability, highly motivated student" and educating college students at Concordia College in Morehead, Minnesota.

In 1962 Bob married Dorothy and in 1964 Bob received his PhD in Biochemistry and Dorothy a BA in Microbiology.

In 1999 Bob and Dorothy moved to Gold Canyon and in 2000 Bob became the Dean of Facility at Waldorf University, Forest City, Iowa where he helped the college grow from a two year to four-year college.

Bob believed Rotary had a great mission in service and has served Rotary in multiple clubs and capacities: Assistant District Governor; President; Treasure; Secretary and here at Superstition Mountain as Newsletter Editor – producing detailed articles and Press Releases of our guest speakers….. An avid note taker ensuring the accuracy of the articles. He was also active in his Church in Gold Canyon, and the Arts Council and loved to sing!

His impact and dedication to the community and his positive spirit epitomized the Rotary vision of "SERVICE ABOVE SELF". The people whose lives he touched, his accomplishments within the communities of Gold Canyon /Apache Junction, Morehead, MN and Forest City, IO set an example for Rotarians everywhere.

The presentation of Paul Harris Fellow recognition is The Rotary Foundation's way of expressing its appreciation for a substantial contribution to its humanitarian and educational programs. It is named for Rotary's founder, a Chicago lawyer, who started our organization with three business associates in 1905.

In becoming a Paul Harris Fellow, many times over, Bob joins a remarkable company of persons throughout the world. They are recognized for their devotion to the ideal of good will, peace and understanding…a goal of Rotarians the world over, and one that Bob & Dorothy clearly shared. It gives me great pleasure, to present Dorothy and the family with the emblems of appreciation given to a Paul Harris Fellow – a certificate, and pin. We congratulate Bob, and we thank Dorothy for her continued support and commitment to the programs of this Club and becoming our Secretary for this year.

Paul Harris said: "He who tries to find the good in others will be rewarded, for others will surely find the good in him. Of all the earth's sad and lonesome creatures, the most helpless is he who loves not his fellowmen." Dorothy, please join me and our guests in recognizing Bob, our newest Paul Harris Fellow, Dr. H. Robert Homann.

OCTOBER AT HATFIELD MEDICAL GROUP

Hatfield Medical Group
Quality, compassionate care to every patient, every day

October is a busy month for health-related topics! Read on to learn more about Cancer Awareness Month and the Annual Election Period for choosing the right Medicare coverage.

October is Cancer Awareness Month and Hatfield Medical Group will be offering a series of different cancer-related events and opportunities to be informed. The October edition of our Doc Talks will discuss Skin Cancer. On Oct 21st, "Courage Under Cancer" author and 3-time cancer survivor Dee Kapaska Baginski will be speaking to us. On October 24th two Mammogram mobile units will be conducting screenings for our patients.

For Adults on Medicare, trying to decide what Medicare plan works best for you can be confusing. Hatfield Medical Group always has Patient Service Coordinators on hand to guide you through the Medicare maze. Additionally, on Wednesday, October 14th, we will have Stacie Howard, a knowledgeable broker, who can answer questions and assist you about individual plans.

And don't forget, we will be having Crafts, Bingo, Groove exercise , Color for our Troops, Trivia and Rock Painting throughout this month. Everyone is invited but encouraged to register early due to limited seating in accordance with COVID-19 safety protocols. Please call 480-536-6840 for reservations. For a Free tour and learn more about Hatfield Medical Group, please call Kim at 480-536-6830 ext 4552.

EVENTS - OCTOBER

October 5th, *HALLOWEEN CRAFTS* - 10am-11am

October 7th, *HEART DISEASE* - Take control of your health Daniel Ramos - 10am-11am

October 8th, *CROCHET & KNITTING CLUB* - 10am-12pm

October 9th, *BINGO* - 10am-11am & 3pm-4pm

October 10th, *MAMMOGRAPHY TRUCK* - for Hatfield Medical Group Patients @Gilbert clinic - 7am-4pm

October 12th, *GROOVE* - 3pm-4pm

October 14th, *MEDICARE & YOU* Stacie Howard - 10am-11am

October 16th, *TRIVIA* - 10am-11am

October 19th, *BINGO* - 10am-11am

October 21st, *DEE BAGINSKI Flyer Books* - 10am-11am

October 22nd, *CROCHET & KNITTING CLUB* - 10am-12pm

October 23rd, *TRIVIA* - 10am-11am

October 24th, *MAMMOGRAPHY TRUCK* for Hatfield Medical Group Patients @AJ Gilbert clinic - 7am-4pm

October 26th, *ROCK PAINTING* - 10am-11am & 3pm-4pm

October 28th, *DOC TALK: SKIN CANCER* - 10am-11am

October 30th, *HALLOWEEN PARTY* - 3pm-4pm

Mary(left) and Arlene(right) picking up trash during their morning walk.

GOOD SAMARITAN Picker-Uppers

Submitted by Diana Jensen, MountainBrook Village

Have you noticed how clean Bashas' shopping center is? It's all spotless: the parking lot, front sidewalk area, empty lot bordering Superstition Blvd and Leslie's Pool, and yes, even the delivery area behind Bashas' center. You can thank Arlene and Mary. These two wonderful ladies have been picking up every single piece of trash thrown on the ground since COVID-19 started. For some reason, many shoppers seem to think it's acceptable to drop their used mask, gloves, and wipes in the parking lot rather than taking that "biohazardous waste" home to toss. Five days a week, Arlene and Mary use old plastic grocery bags and grabbers to pick up trash. They wind up with between ten and twenty, sometimes up to thirty, bags of trash full of discarded cups, straws, snack wrappings, Kleenex, the above mentioned personal safety items, and other miscellaneous junk people leave behind. After a while, the pair sit down to enjoy a nice cup of coffee before beginning their long walk home.

Having seen the amount of trash piling up that was visible to passing cars on Superstition Dr., the two were motivated to do something about it. So, they set their minds on cleaning up during their morning walk. Arlene and Mary had no idea what a large undertaking it would be; the trash just kept on coming! But they persevered by walking early to beat the heat, and, finally in July, met their first goal of having only a one-bag day. They're still there every day on maintenance duty. On a good day, they'll only have one or two bags of trash, but some days still more. The goal is a NO BAG day. Now that would be a great day!

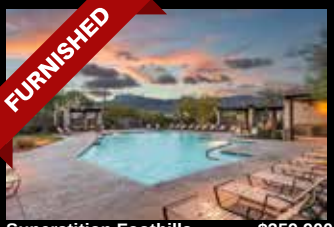
As always, there is a silver lining in every cloud! Besides just the satisfaction found in keeping the community presentable, they both found a $20 bill, which bought them a few cups of coffee at the end of a tiring morning.

We're selling homes FAST, (some before they even hit the market)! Ask us how!

Robin Rotella Team

#1 Agent Team in Gold Canyon!

Entrada Del Oro $ 242,900
1789 sf, 3br, 2ba, 2cGar + Den! Private Backyard with Enormous Paver Patio. Split Bedrooms, Open Kitchen with Huge Walk-in Pantry. Newer A/C. MUST SEE!



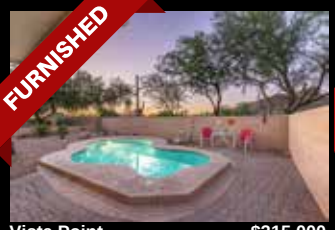
Superstition Foothills $359,900
1719 sf, 3br, 2ba, 2c Extended Garage! Beautiful $30K+ Backyard with paver patio. Newer flooring, paint & A/C! Granite, Stainless, 42" Cabinets & more!

Superstition Foothills $399,900
1705 sf, 3br, 2ba, 2cG + Heated Pool & Spa! Open plan w/ FP, GAS Cooking, Stainless, Large Laundry & Resort-style Backyard w/FP & BBQ!

Custom Home on 1.35 Acre $550,000
2324 sf, 4br, 2ba, 4cG + Stunning Mountain Views & No HOA (bring your RV, horses & toys)! 26' deep garage, like new home & ***FURNISHED*** too!

Peralta Trails $ CALL
2881 sf, 4br, 3ba, 2cGar + Large Bonus Room! Flexible double split bedroom floor plan, Ramada, Built-in BBQ, Gas firepit, Waterfall & Desert/Mountain Views!

Sierra Vista $255,000
1383 sf, 3br, 2ba, 2cGar + Private Backyard with Multiple Paver Patios! Open Floorplan with Large Kitchen, Bay window, Center Island & NEW Flooring!



Vista Point $315,000
1516 sf, 3br, 2ba, 2cGar + Pool! Private Backyard with Paver Patio. Open Kitchen; Master Down floorplan with 2 bedroom and loft upstairs. Gated Community!

Superstition Foothills $439,900
1962 sf, 3br, 2ba, 3cG + Heated Pool and Mountain Views! FP, Granite, Shutters, Stainless, GAS cooking, Resort-like backyard & More!

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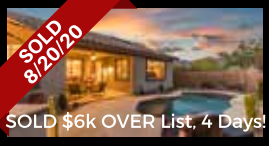
* We have buyers ready to buy your home!

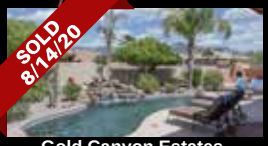
Fairway Views
Our Seller

Toscano Villas
Our Seller

Custom on 3/4 acre
Our Seller & Our Buyer



Superstition Foothills
Our Seller



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(our Buyer)

Mountainbrook Village
Our Seller

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Superstition Foothills
Our Seller

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NEW HOURS :
Oct from 7a.m. - 5p.m. No entry after 4p.m.
Nov - April from 8a.m. - 5p.m. No entry after 4p.m.

Most nature walks included with $15 adult daily admission – free to BTA annual members

- Confirm event times and read more at www.btarboretum.org
- connect with more than 12,000 fans (staff, volunteers, annual members) at facebook.com/btarboretum

October News

Boyce Thompson Arboretum

Travel the deserts of the world all in one place at the beautiful Boyce Thompson Arboretum!

THE NEW WALLACE DESERT GARDEN IS OPEN!

With the completion of a groundbreaking five-year project, BTA has become the new home of the renowned Wallace Desert Garden—featuring 5,000 plants moved more than 75 miles from their original location in Scottsdale, Arizona.

Beginning October 1st, the new garden will be open after its postponement this past March due to the coronavirus outbreak. Face coverings are required to enter and exit BTA as well as enclosed spaces or wherever physical distancing is difficult.

The new Wallace Desert Garden, at 13 acres, is situated adjacent to Queen Creek in a natural setting that offers spectacular views of Picketpost Mountain and the Superstition Mountains. It includes 1.5 miles of new trails and loops, two water crossings, and gathering areas. The main trail is wheelchair accessible and will guide visitors in a single direction to avoid "traffic jams."

FALL PLANT SALE!

October 10 – 25
Members get first pick October 9

Thousands of plants to choose from with experts at the ready to assist with plant selection, and more!

WALKS & TOURS

After seven months of postponement Boyce Thompson Arboretum is resuming its specialized guided tours this October which each focus on topics such as local geology, native wildlife, and the Arboretum's significant desert plant collections.

Tours will be offered by reservation only with limited availability. Participants will be required to wear face coverings and maintain physical distance from others. Current offerings and other information can be viewed at: www.btarboretum.org/events.

BTA has implemented protocols to promote the health and safety of others:

- Observe and follow the guidance of posted signage.
- Maintain 6 feet of distance between other guests not in your party.
- Face coverings are required when:
- Entering and exiting the visitors center as well as any enclosed space such as the gift shop and restrooms. When 6 ft. distance cannot be maintained.
- For tours and guided walks. We will provide masks to visitors who don't bring their own.

VISIT VIRTUALLY

Boyce Thompson Arboretum is delivering more all new content than ever. Keep in touch and follow the garden on social media for all things BTA featuring everything from the latest cactus blooms to wildlife in the gardens.

FB: facebook.com/btarboretum
IG: @btarboretum
Website: www.btarboretum.org

FINANCIAL FOCUS

MATTRUPPERT

AVOID FINANCIAL MISTAKES DURING RETIREMENT

When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Consider these suggestions:

• Manage your withdrawal rate carefully. You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)

• Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly $390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

• Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

• Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.

• Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

DIANNE OPHELIA COLSON, ESQ

ASSOCIATE BROKER,
THOMAS POPA & ASSOCIATES

A NEW WORLD

HOW TO HANDLE MULTIPLE OFFERS

Gold Canyon Real Estate is "hot." Buyers and Sellers have probably not worked with multiple offers for some time in this area. Let's explore some of the Seller's options when receiving multiple offers:

1. The Seller can accept the "best" offer
2. The Seller can inform all potential purchasers that other offers are "on the table" inviting additional offers
3. The Seller can "counter" one offer and put the other offers to the side awaiting a decision on the seller's counteroffer, or
4. The Seller can counter one offer and reject all other offers.

You will find advantages and disadvantages to the various negotiating strategies. Certain strategies may alienate a good buyer. On the other hand, a Seller may create a competitive bidding situation resulting in a higher sales price.

Remember, purchase offers generally aren't confidential. In some cases, sellers may elect to make other buyers aware that they have an offer. They can even choose to disclose details about an offer to other buyers.

As a Buyer, you may wish to discuss the possibility of making your offer confidential or having a confidentiality agreement between yourself and the seller before commencing negotiations.

Another alternative for Buyers is to make offers on multiple properties. Under the Multiple Offer form, buyers can inform sellers that they are making multiple offers and will not be bound by any offer until they make a final acceptance once the seller responds to their offer.

What is fair? What is honest? The Bottom line is that there is no simple way to deal with multiple competing offers. Every situation is different calling for a different set of considerations. Rely upon the expertise and experience of your realtor and your conscience to guide you through these complex times.

The information contained, and the opinions expressed, in this article are not intended to be construed as investment advice. The Author does not guarantee or warrant the accuracy or completeness of the information or opinions contained herein.

CREEPIN' IT REEL - OCTOBER

Drive-In Movies

PRESENTED BY SRP

Saturday October 3rd
"The Nightmare Before Christmas"
Gates open: 6:00pm Movie Starts: 6:30pm

Saturday October 17th
"Hocus Pocus"
Gates open: 5:45pm Movie Starts: 6:15pm

Saturday October 24th
"The Addams Family(2019)"
Gates open: 5:30pm Movie Starts: 6:00pm

Come out and enjoy a nice evening outside watching a family movie. The Drive-In Movie Presented by SRP will be on the big screen at the AJ Rodeo Grounds Event Center. *(movies are subject to change do to licensing restrictions)*

PRE-REGISTRATION FOR THIS EVENT IS REQUIRED!

The event is $5 per vehicle and space is limited! Social Distancing guidelines will be in place for the movie. You will be asked to park to the front left of your space and you can exit your car if you prefer and view the movie from the right of your vehicle. We will be playing the movie audio through our sound system speakers and will not be broadcasting it to car radios. Patrons will have access to the restroom facilities. The City of Apache Junction Parks & Rec will host this event at the Rodeo Grounds Event Center at 1590 E. Lost Dutchman Blvd. Apache Junction, AZ 85119. *In the event of bad weather or high winds prior to movie time, this program could possibly be cancelled or moved to a future date. If the event has to be cancelled, there will be no refunds, however, customers would receive a $5 credit on their account. For more information on this program or other programs and services, please contact the Parks and Recreation Department at 480-983-2181 or visit our website at www.ajcity.net/parks.*

Notes:

One car per registration. Must bring receipt from your registration or give the name of the person that registered at the gate in order to be admitted to the facility.

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TIPS & HINTS ON LANDSCAPING

TOMMCDONALD
OWNER - SMILING DOG LANDSCAPES

WITCH'S BROOM, AN ARIZONA MYSTERY REVISITED

In 2018 we published an article about Witch's Broom here in Gold Canyon. We've had some new developments which we would like to pass on to you.

Witch's Broom is an abnormal growth that occurs on many southwestern plants, especially the Blue Palo Verde. It appears as though the tree has grown large, dense bushes on the tips of a few limbs. Plants suffering from the condition often lose vigor and look very unsightly. It is often mistaken for mistletoe, a parasitic plant, but witch's broom is something else entirely and therein lies the mystery.

In 1969, Dr. Rupert Streets first reported in his comprehensive 'The Diagnosis of Plant Diseases' the Eriophyid Mite as the cause of the disease. Researchers now believe that the mite is the vector of witch's broom, not the direct cause. In other words, the mite is passing something to the tree, possibly a virus, during its feeding activity. The University continues to research the precise cause and treatment for witch's broom and while they are getting close, the specific cause of the disease remains elusive.

Some known facts:

• Plants that are over managed by heavy watering and fertilizing are more susceptible to the disease. Most of our desert trees thrive best under a program of 'benign neglect'.

• Witch's broom usually appears on new growth on the tips of branches while mistletoe usually shows up on more mature branches.

• Witch's broom, like mistletoe, can be cut out of the tree, but our experience is that they both return. Cutting tools should be sterilized by dipping in 10% bleach solution between cuts just in case it proves to be contagious.

• The bad news is that we have recently discovered witch's broom on a variety of species of plants, not just the Blue Palo Verde. Oleanders, Bougainvillea, Texas Sage and Bottle Brush are some examples.

We also want to make sure we are not infecting uninfected plants by using contaminated tools.

While the exact cause of witch's broom may be unknown and there is much controversy about treatment, it is going to be imperative that we identify infected plants in our landscapes and remove them.

Smiling Dog Learning Center classes are to be determined at this time

Comments or questions, please call us at 480-288-8749 or info@smilingdoglandscape.com.

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Introducing Gold Canyon STRONG

Like our Mule Deer, we as residents of the Gold Canyon community like to stick together and look out for one another. Gold Canyon STRONG was recently formed by residents June Marie Russo and David Czaplicki (the couple with Harvey the English Bulldog who rides standing up in his wagon for miles.) June Marie owns a small business here in Gold Canyon and understands fully what it's been like to have to face tough times while maintaining a business during COVID-19. Her life partner David is a consultant.

Gold Canyon STRONG'S goal is to offer community events such as the upcoming Bike Brigade taking place on October 10th from 11 am to 2 pm where we'll have various starting points throughout the Gold Canyon community with the help of volunteers leading the way and we'll bicycle to the Gold Canyon Executive Suites, 6589 S Kings Ranch Rd. Where we'll enjoy local entertainment, food and beverages. VISIT WEBSITE TO REGISTER FOR THIS FUN EVENT.

On November 28 th join us for our Small Business/Vendor Fair starting at 8 am till 4 pm at the Gold Canyon Executive Suites. WE STILL HAVE SPACES AVAILABLE FOR LOCAL VENDORS TO PROMOTE- LOOK FOR DETAILS ON GOLD CANYON STRONG'S WEBSITE.

On Sunday, December 6th at 2 pm join us for GROOVIN' with Santa taking place in the parking lot of Gold Canyon Executive Suites.

So far the group has had a GROOVIN' ice cream social, Drive thru Donut Saturday, and Gold Canyon STRONG'S Treasure Hunt.

We also want to let our community know that there are great book clubs, rock painting groups, Gold Canyon Dance GROOVES and so on! And like our beautiful desert landscape, we have to stay rooted in order to survive. Our small businesses rely on us to keep them alive. One of Gold Canyon STRONG's goals is to support local businesses, reminding neighbors to shop small and build community awareness about the many great items available at local stores, and great services that are offered. There is so much talent here in Gold Canyon and we want to share some stories with you. Stay tuned...be sure to check our website https://goldcanyonstrong.wixsite.com/community and FB page often.

Harvey the English Bulldog

Jayshri Gamoth, M.D.

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GOLD CANYON VISITOR CENTER NOW OPEN

The Gold Canyon – Northern Pinal County Visitor Center has re-opened to provide the community and our visitors with local information, tourist brochures, maps and trail information. The Visitor Center will be open Monday thru Saturday from 10 am to 2 pm as a self-serve kiosk located conveniently at The Live it Well Place, 6607 S. Kings Ranch Road.

The Visitor Center is a marvelous addition to the community of Gold Canyon. Gold Canyon is a county seat, it is not officially a city and does not support either a Chamber of Commerce or an officially recognized Arizona Office of Tourism Visitors Center. The owners of The Live it Well Place, founders and supporters of Gold Canyon's Community Connection, volunteered the dedicated space for this continued Visitor Center venture. There are over 200 business cards for businesses just in Gold Canyon along with racks and racks of Arizona tourist information. The depth and breadth of information available makes it a one stop shop for tourist and local business information. This is also a great local place to pick up a copy of Superstition Living Magazine.

The Gold Canyon Community Connection was established as a free service for the residents and businesses of Gold Canyon. Local information can be found on the website or Facebook page. The Gold Canyon Business Directory, which is printed at the beginning of each year is also found online at www.goldcanyonconnection.com and is interactive and easy to use. The FREE 2020 directory is also available in print form at 6607 S. Kings Ranch Road.

2020 has seen a lot of changes in our local businesses, events and activities. The Gold Canyon Community Connection and the Visitor Center are both dedicated to bringing the community and visitors the latest information and news. www.gcvisitorcenterconnection.org and www.goldcanyonconnection.com or find us on Facebook at www.facebook.com/gccvc or www.facebook.com/goldcanyonconnection

INTEGRATIVE HEALTH PROGRAM
Now Enrolling

The Live it Well Place is announcing their new Integrative Health Program. Owners Mike and Sue Schaffer are excited to announce another step in the successful vision, mission, and journey to provide Gold Canyon and the surrounding areas with a place for Health and Wellness all under one roof. Through this new Integrative Health enrollment program, we want to empower our community to be accountable for their own lives, thereby enhancing health, well-being, and the ability to achieve one's life purpose. Ultimately, Integrative Health and Wellness is a lifestyle practice, that supports the whole person to engage purposefully, to participate in his or her own health care in conjunction with their regular physician.

A one-hour interview and health assessment with our medical director, Jose Montoya, L.Ac., DTCM,, allows you to participate in yoga, meditation and movement classes, wellness programs, workshops, and therapeutic treatments at The Live it Well Place. This assessment will result in a customized health and wellness plan with recommendations for classes, treatments, and other alternative therapies. Dr. Montoya will design a unique program that will grow and adapt with your needs as you progress on the path to achieve optimal health and healing.

Enrollment in the Integrative Health Program provides for over 80 different alternative therapeutic and wellness services, whether you are seeking a singular service, a movement practice, or an integrative health road map, we are here for you. We know that no client falls into a "one-size fits all" mold, so we have carefully selected our services and treatments to ensure there is something for everyone's needs.

A tiered enrollment fee is in place for our customers to determine the best option for themselves:

Silver: 75.00 – One-hour mind & body assessment with customized health and wellness plan

Bronze: 150.00 - One-hour mind & body assessment with customized health and wellness plan, Certificate for $80.00 massage and a Certificate of $30.00 – good toward any alternative therapy or classes

Gold: 200.00 - One-hour mind & body assessment with customized health and wellness plan, Certificate for $80.00 massage and a Certificate of $60.00 – good toward any alternative therapy or classes

We encourage you to come in and tour our facility and talk with our instructors, we are open Monday through Saturday from 10 am – 2 pm to answer any questions. A retail center and lending library are also new additions.

To make an appointment for an assessment, please email Integrativehealthaz@gmail.com or call 480-319-5024 or you can book your own time on our schedule page at www.liveitwellaz.com

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WORSHIP ONLINE WITH US!

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Sunday Evening Country..... 5:00pm

www.GoldCanyonUMC.org or https://www.facebook.com/GoldCanyonUMC/

To see what's happening at GCUMC, please visit:
www.GoldCanyonUMC.org/news-events/calendar

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Keep The Dream of Owning a Home Alive

For many people, owning a home is their dream. The COVID-19 pandemic has impacted the entire country and has left many people wondering if they can still afford to own a home. While this might put some things on hold, there are steps that everyone can take to keep the dream of owning a home alive.

GET PRE-APPROVED FOR A MORTGAGE

The first step that you should complete if you would like to own a home is to get pre-approved for a mortgage. The pre-approval process will give you a firm idea of what you can afford. Then, you can start to narrow your search and find homes that are within your price range.

Furthermore, when you do make an offer, sellers will know that you are serious about buying the home because you have already been pre-approved. Reach out to a lender and get pre-approved for a mortgage.

CONNECT WITH A TOP AGENT VIRTUALLY

Most people are used to going to home showing in person; however, there are ways to do this virtually. A trusted agent is going to have access to all of the listings in the local area and can help you understand what the process is regarding buying a home. You can connect with an agent either by phone or by video to learn what it is like to navigate the real estate market. While today's market might be different from most markets, there are still opportunities to get a great deal on a home.

DO RESEARCH ON OPTIONS FOR ASSISTANCE

Buying home is one of the most important ways to stimulate the economy. As a result, there are lots of options that have been put into place to help people buy homes in a responsible manner. This could include loan programs, payment assistance programs, and loan options that do not require a large down payment. This can help you afford a dream home without having to necessarily put down 20 percent.

DO NOT PUT YOUR DREAMS ON HOLD

While the climate might be a bit different right now, this does not mean that people have to put their dreams of owning a home on hold. This simply means that everyone has to do their due diligence and find the home that is right for them. Give me a call for more information! 480-221-7922

Investing is about more than money.
At Edward Jones, we stop to ask you: "What's important to you?" Without a real understanding of your goals, investing holds little meaning.
Call today to discuss what's really important: your goals.

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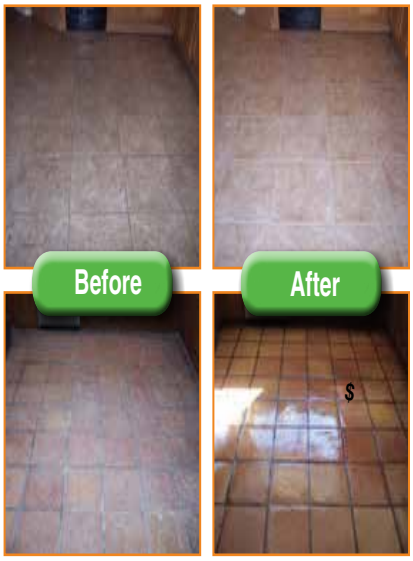

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IN THE KITCHEN WITH MARSHA

MARSHADORRIS

TACO TOTS

This is a quick easy dinner with Mexican flair! Make it a Taco Tot Tuesday!!!

1 lb ground beef
3 Tbsp taco seasoning,divided
1 c chopped onion
1 jalapeno, seeded and chopped
1 cup canned black beans, drained and rinsed
1 c Mexican blend shredded cheese
2 c frozen tater tots

Preheat oven to 425 degrees. In a large skillet, brown ground beef with 2 Tbsp of taco seasoning, onion and jalapeno. Add black beans and stir to combine. Spread mixture into a 9 inch baking dish and top with cheese. Spray tater tots lightly with nonstick cooking spray and toss with 1 Tbsp taco seasoning. Place tots on top of cheese. Bake 20 to 25 minutes, until tots are crispy. Finish off this fun fiesta of flavors with plenty of classic taco toppers, like chopped tomatoes, cubed avocado, taco sauce, sour cream and chopped cilantro!! Serves 4

Recipe adapted from Candace Floyd

Any questions or comments contact me at Marsha.Dorris.Realtor@gmail.com

Autumn Cheesecake

****CRUST:**
1 cup graham cracker crumbs
3 tablespoons sugar
½ teaspoon cinnamon
¼ cup butter, melted

Combine crumbs, sugar, cinnamon and butter; press onto bottom of a 9-inch spring-form pan. Bake at 350 degrees for 10 minutes.

FILLING:
2 8-oz packages of cream cheese, softened
½ cup sugar
2 eggs
½ teaspoon vanilla

Combine cream cheese and sugar, mixing at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in vanilla; pour over crust.

TOPPING:
4 cups thin peeled apple slices
1/3 cup sugar
½ teaspoon cinnamon
¼ cup chopped pecans

Caramel Sauce: When serving

Toss apples with combined sugar and cinnamon. Spoon apple mixture over cream cheese layer; sprinkle with chopped pecans. Bake at 350 degrees for 1 hour and 10 minutes. Loosen cake from rim of pan; cool before removing rim. Chill. To serve, cut into slices and drizzle caramel sauce over each piece!

10-12 servings

***VARIATION: Add ½ cup finely chopped pecans with the graham cracker crumbs for the crust.*

Courtesy of 'Philadelphia Cream Cheese Cookbook' Email me with any questions or tell me if you and your family liked this cheese cake – Marsha. Dorris.Realtor@gmail.com

Photo courtesy of Adobe Stock

Ways Pets Help Impact Health and Wellness

(Family Features) Daily life across the country has been impacted by the COVID-19 pandemic, and in times of isolation, relationships -human or animal - are as important as ever before.

According to a survey conducted by the Waltham Petcare Science Institute, 85% of people said interaction with a companion animal helped reduce loneliness and 76% agreed human-animal interactions can help address social isolation. As people are connecting virtually with friends and family, they're also turning to their pets for comfort and companionship.

As part of its BETTER CITIES FOR PETS' program, Mars Petcare collaborates with cities to create more welcoming environments for people and their pets so more people can enjoy the positive impact pets can have on mental health and wellness at home and on the go. Consider these benefits pets provide and learn more at BetterCitiesForPets.com.

Pets provide stress relief. Stress management is a key factor to living a happy and healthy life, and these days some people are experiencing more daily stressors. *IAMS* pet food research has shown that owning a pet can decrease blood pressure and may help manage both anxiety and depression. No matter what life might throw at you, a pet can be by your side to help you through it.

Pets provide comfort. Pets can help soothe people during times of trial, especially as it relates to one's health. In 2020, Mars Petcare and Monroe Carell Jr. Children's Hospital at Vanderbilt teamed up to bring a full-time facility dog, Squid, to the hospital to provide comfort and support for patients, their families and hospital staff experiencing the impact of intense medical situations. Squid helps provide insights on how pets like him can improve the lives of patients and their families.

Pets help with healing. Pet ownership can have positive healing benefits at all stages of an owner's life. Increasing research has been done to show the power of pets in providing health and healing benefits. In fact, a www.waltham.com study showed veterans with PTSD symptoms experienced improved levels of physiological stress indicators and lower levels of perceived PTSD symptoms after walking with shelter dogs.

Pets combat loneliness. While the pandemic has made it difficult to spend quality time with loved ones, pets can help combat the sense of isolation their owners may feel. In a study by HABRI in collaboration with Mars Petcare, 80% of pet owners said their pets make them feel less lonely, and 89% of people who got a pet for loneliness felt their pet has helped them feel less lonely.

Source: https://www.bettercitiesforpets.com/

2020-2021
Canyon Sounds Season Postponement

During this Covid-19 period, we are considering the safety of our patrons and the students we serve through our Educational Outreach mission. Consequently, the Gold Canyon Arts Council is postponing its entire 2020-2021 Canyon Sounds season with the exception of the first artist, pianist Sean Chen. However, all of the other season's artists have agreed to return for the 2021-2022 season, so we hope for your continued support and future attendance.

Also, the Gold Canyon Arts Council, along with its non-profit partner, Lead Guitar, will continue its mission to safely provide music education and instrument donations to disadvantaged students in the East Valley region.

Our 2020-2021 lineup of artists, now scheduled for the following season, are:

SEAN CHEN, PIANIST
(free virtual concert to be announced for November 2020)

A rising star with a "million-volt smile", and the first American to reach the Van Cliburn International Piano Competition since 1987. Sean has agreed to present both his concert and the masterclass virtually with three amazing young Phoenix area pianists. GCAC is working with the Arizona Piano Institute in this virtual presentation. Information will be available on the GCAC website, goldcanyonarts.org, including the date, time, and virtual link by which you may view the concert on any computerized device.

THE DIAMONDS

In 1957, this group released an instant 20 million selling hit, "Little Darlin", dubbed "the national anthem of Rock and Roll". They have expanded their repertoire and audiences and perform worldwide with Symphony Orchestras, in theatres, and major concert halls.

THE BROTHERS FOUR

The unforgettable songs of the Brothers Four include such hits as "Greenfields", "Try To Remember", "Across the Wide Missouri", and their hit recording "The Green Leaves of Summer" from the motion picture, "The Alamo".

DELIRIUM MUSICUM

This 10 piece orchestra is a self-conducted chamber ensemble made up of the most creative and refined musicians in Los Angeles. They feature everything from baroque, classical, and creative works by amazing new composers.

THE FITZGERALD FAMILY

This exciting family of Fiddlers and Dancers present an eclectic program with traditional jigs and reels, bluegrass, jazz, Celtic, and showstopping Ottawa Valley step dancing. With their vocal arrangements and friendly family banter, this will be a truly unforgettable musical experience.

JERI SAGER IN "THIS BROAD'SWAY"

This veteran Broadway vocalist and actor is known for her portrayal of "Grizabella" in CATS, the role of "Fantine" in LES MISERABLES, and "Eva Peron" in EVITA. Get ready for an exciting night to remember.

GOLD CANYON ARTS COUNCIL

Contact: Chuck Cuffaro, GCAC Publicity

Email: goldcanyonartscouncil@gmail.com or charlescuffaro@gmail.com

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WHAT IS ADRENAL FATIGUE?

"Adrenal fatigue" is a term sometimes used to describe a set of symptoms that can include body aches, chronic fatigue, nervousness, sleep disturbances, and digestive problems that can result from chronic stress.

Some people get so used to living with stress that they don't even realize how much of a toll it's taking on their bodies. The results of chronic stress can be weight gain, type 2 diabetes, depression, and low blood pressure, just to name a few.

The adrenals are glands that produce a variety of hormones that are responsible for handling stress. For example, adrenaline is released in acute stress situations such as sudden job loss, a car accident, the death of a loved one, surgery, divorce, or physical or mental trauma.

Your body usually recovers from a stressor within 1-3 days after proper rest. However, if the stressors in your life become chronic, the elevation may result in physical problems.

Cortisol is released by the adrenals to help us cope with long-term stresses such as chronic allergies or infection, insomnia, poor diet, overexertion, fear, lack of or excess of exercise, and helping the body process prescription or non-prescription drugs. When the demand for cortisol is continuous over a long period of time, the overworked adrenals may become fatigued and unable to supply the optimal levels of cortisol and other hormones that are necessary.

Diagnostic Tests

A salivary hormone test can tell us the amount of hormone in the body. Imbalanced levels of cortisol and other hormones such as DHEAs and testosterone can be indicators of adrenal imbalances. It's also important to monitor blood pressure and insulin levels to rule out low blood pressure and insulin resistance, which can also be indicators of adrenal imbalance.

Treating Adrenal Fatigue

There are natural treatment options that can be used depending on signs and symptoms and the results of the individual lab results.

For instance, there are herbal formulas and homeopathic remedies that are specifically made to support adrenal hormone production. DHEA supplementation can also support the adrenals and enhance the immune system. Since the adrenals also release sex hormones, these can be supplemented (if indicated by lab results) using bioidentical hormones.

IV therapy using a variety of vitamins and minerals and homeopathy can be very effective in supporting the adrenal glands so they can heal and return to proper function.

Proper nutrition is also an important factor in healing the adrenals: small, frequent meals with protein, whole grains, and healthy oils should be part of the patient's meal plan.

Most important of all are lifestyle changes. Minimizing stress by seeking to balance work and relaxation and consistently engaging in moderate exercise are beneficial. Other stress reducers would include daily meditation, minimizing contact with negative people and events, and sleeping eight hours per night with mid-afternoon naps, if needed.

PHOTOGRAPHY FROM AROUND THE AREA

We want to highlight **YOUR PHOTOS**! Email me at *editor@mansurdesign.com.*

LIMIT 2 PHOTOS PER PERSON.

Smoky Sunrise over the Superstitions by Debbie Lee

Smoking Superstitions by Heather Knoblauch

Fire in the Superstitions by Rick Lancaster

You Lookin' at Me? by Tim Barnes

Collard Lizard by Leona Speidel

Gold Canyon Coyote by Gabby Reeves

The Lure of the Fishhook Cactus by John Soper

Dad and the Kids out for a Walk by Rick Subia

Ahhh... refreshing by John Soper

Lightning from the night the fire started in the mountains by Chris Bridgewater

Western Diamondback found on the cart path by the Gold Canyon fire station by Chris Bridgewater

Irish Pot o' Gold by Tim Barnes

Near Bulldog Canyon by Mark Williams

Hawking the Bird Bath by William Christian

Fledgling hummingbird by Irv Bitman

Lucky Shot by Rick Subia

Roadrunner in cactus by Lee Ramirez

Gold Canyon by the Collins Family

Canyon Lake by David Czaplicki

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